

Athlete Spotlight: Rachel Lancaster

Class level: Senior

Event(s): Shot Put, Discus

Accomplishments: 2015 Regional Champion in shot put and discus, New Balance Outdoor Nationals qualifier, Indoor school record holder in shot put.

Personal Bests: 37-5.5 (indoor shot put), 125-3 (discus)



Rachel Lancaster has been throwing shot put and discus since freshman year, and has elevated her performance level from being a 26-1.5 shot putter and 55-9 discus thrower as a freshman to qualifying for the New Balance Outdoor Nationals in discus and setting the indoor school record in the shot put.

1. Briefly describe your path as an athlete from grade school into your senior year of high school.

I started playing T-ball when I was about 4 then ventured on to softball, field hockey, volleyball, even cheerleading, basketball and now Track.

2. Has your history with basketball helped you as a thrower?

In basketball we worked on our foot speed which helped me to have fast feet in the ring giving me a better speed advantage.

3. As someone who never competed in Track & Field before HS, what led to your trying out for the Track & Field team as a freshman?

Emme Metry freshman year asked me to throw shot put with her to keep in shape for basketball. At first I wasn't really into the idea because I thought about all the running that I would have to do but when Barry said I wouldn't have to do much running, the rest was history.



4. Talk about your progression as a thrower between freshman year and now.

Freshman year I had no official throwing coach which meant I was teaching myself from YouTube videos or Barry would help me on the side with some drills. During that year I was always happy to throw 20 feet giving me my high record of 26 feet.

When sophomore year came around I met a throwing coach with whom I work with to this day. This was the year I decided to stop playing basketball and focus on track. My all-time high sophomore year was 31 feet.

I struggled junior year ending with a high of 33 feet.

Senior year after practicing and weightlifting nonstop for 2 years I have improved tremendously, my current PR is 37'5.5".

5. What qualities do you possess that have allowed you to succeed as a thrower?

Competitiveness and determination

6. In what areas have you worked the hardest to improve?

Weightlifting, to help me get stronger. I do many drills to improve my left arm. Which sounds weird saying it but if you don't have a controlled left arm it can lead to many mistakes.

7. What would you say have been the biggest highlights of your HS career thus far?

So far I would say going to state 2 years in a row and placing 8th in discus my junior year and going to nationals and placing 25th. Placing 6th out of 31 girls at a college meet was a big boost to my self-esteem.

8. Talk a little bit about your college plans.

Next year I plan to go to college and major in Information Technology and pursue my dream of throwing at the collegiate level.

9. Any final words or shout outs?

I would like to give a shout out to Jerry Huffman, my throwing coach, who has bared 10 degree weather to watch me throw and for never giving up on me.

Shout out to Coach Barry for helping me freshman year and getting a nice shot put and discus area at the Green.

Lastly I want to give a shout out to the track team because I can always count on everyone's support and motivation.

If they made a movie about your life, which actress would play you: Jennifer Lawrence

If you could have one superpower, what would it be: super strength so I could throw the shot put at a record breaking distance

Which of your HS teachers has inspired you the most: Mr. Dykstra, he taught me to stay positive and never give up.

If you won the lottery, what would you buy: 10 cats

Favorite subject in school: Math

Your hero: Amanda Bingson, USA Olympic women's hammer thrower

As of now, what would be the #1 item on your Bucket List: Be successful at state

